

The Mashpee Senior Connection

MASHPEE SENIOR CENTER/COUNCIL ON AGING
26 FRANK E. HICKS DRIVE MASHPEE, MA 02649
Phone: (508) 539-1440 • Fax: (508) 539-2791
www.mashpeema.gov

Mashpee Senior Center Holiday Schedule

The Mashpee Senior Center will be closed on Friday, November 11th for Veteran's Day, and Thursday and Friday, November 24th and 25th, for the Thanksgiving Holiday.

All activities including the van are cancelled for these days.

OLDER AMERICANS ACT PRESENTATION — Monday, November 14, 2:00pm. Cheryl Gayle of Elder Services of Cape Cod and the Islands will offer a history of the Act, what the reauthorization means, and explain how this Act affects you as a Mashpee senior, or as a caregiver of a Mashpee senior.

Come and educate yourself on this important legislation. Light refreshments will be provided. Please RSVP by stopping at the front desk or calling the Mashpee Senior Center (508) 539-1440.

HEROES IN TRANSITION — In honor of Veterans Day, Cindy Jones will be doing a talk Tuesday, November 8, 2:00 pm, at the Mashpee Senior Center. Heroes In Transition is a not-for-profit organization. They recognize those who have served or who are serving our country, especially in the Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF) conflicts, by providing appropriate assistance to those with special needs in four key areas:

- ◆ Home modifications for disabled veterans
- ◆ Transitional Support Group Therapy
- ◆ Financial support for service families
- ◆ Assistance dogs for veterans

Their mission is to provide assistance that is not readily available from other organizations including local, state, and federal agencies. Please join us at the Senior Center to learn more! Rsvp's appreciated. Please stop by the front desk or call (508) 539-1440 to sign up.

ARTS & CRAFTS CLASS: HOLIDAY WREATH MAKING — Tuesday, November 15, 2:00 pm. It's time to think of decorating for holidays! All materials and instruction to make a beautiful wreath is provided to make these easy and fun, presented by Sarah Scott of Royal Health Group. Rsvp's required.



Please stop by the front desk or call (508) 539-1440 to sign up and for more information.

DENTAL HEALTH and INSURANCE PRESENTATION Eating right is just one way to lead to whole body health. A lack of certain nutrients, such as carbohydrates, protein, fats, vitamins or minerals can affect a number of your organs and tissues. Oral health significantly influences dietary intake, and is directly related to chewing and tooth loss. Chewing properly is the first step in digestion and is extremely important to optimize dietary intake. Chewing properly for older individuals is influenced by the number and health of your natural teeth and the functional status of dental prostheses. On Tuesday, November 15 from 2:30pm to 3:30pm, staff from the Dental Clinic of the Mashpee Community Health Center will be presenting a program on nutrition. All are encouraged to attend. Please RSVP to the Mash-

pee Senior Center, (508) 539-1440.

CCRTA TRAVEL TRAINING PRESENTATION — On Tuesday, November 29th Paula George from the Cape Cod Regional Transit Authority will be doing a presentation at the Mashpee Senior Center at 1:00PM on the public transportation services that are provided on Cape Cod, and their expanded Travel Training program that includes group and individual one-on-one customized travel training. This is an opportunity to get your transportation questions answered. For example: ➤Planning your trip ➤Riding specific routes ➤Reading and understanding the CCRTA bus schedules and maps ➤Getting to and from the bus stop ➤Recognizing bus names, bus stops, and landmarks ➤Paying the fares and purchasing tickets and passes ➤Getting on and off the bus safely ➤Using the lift to board with a mobility device, if applicable ➤Positioning your mobility device on the bus, if applicable ➤Locating and transferring to other buses ➤Crossing the street ➤Phone, emergency, and safety skills ➤Stranger awareness ➤Using NextBus technology. All are encouraged to attend. Please RSVP to the Mashpee Senior Center (508) 539-1440.



TELEPHONES FOR PEOPLE WITH DISABILITIES — The State 911 Department would like to make you aware of an exciting program that could greatly benefit you or members of your family. This program is the Massachusetts Equipment Distribution Program, or more commonly referred to as MassEDP.

MassEDP provides adaptive telephone equipment to people who have difficulty using the telephone due to issues such as hearing loss or vision loss. This enables you to enjoy clear, independent phone communications and the ability to contact 911 in the event of an emergency. The specialized telephone equipment is offered to people with a permanent disability for little or no cost, depending on income level. These disabilities include: deaf/hard of hearing, blind/low vision, motion, cognitive, and speech.



There are three eligibility requirements:

- Residency in Massachusetts
- Permanent disability that can be verified by a MA physician
- Residential phone service

There are several different types of equipment, each offering special benefits based on disability. There will be a presentation at the Senior Center on Tuesday, November 8th at 10:30am. Please join us to see if you or your family member is eligible for a free phone.

MEMORY SCREENINGS — November is National Memory Screening Month. Free, 30 minute, confidential Memory Screens will be administered by the Alzheimer's Family Support Center of Cape Cod at the Mashpee Senior Center on Thursday, November 10, from 1:00pm to 3:00pm. Memory screens can help to identify possible causes of memory loss and you will receive information on actions that can be taken if there is reason for concern. Please call the Mashpee Council on Aging at (508)539-1440 to pre-register. This program is supported by Harbor Point at Centerville.



NEWS DISPATCHES FROM THE KOREAN WAR — Thursday, November 17, 1:00pm — Stories about war and great battles have described heroism in combat while others described destruction, suffering, and death. Less has been written about the human condition — the need for companionship and trust, the odd-ball and sometimes funny things men do in combat. This is the humanity the author struggled to find and write about as an Army combat correspondent in Korea. Following military service, author Ray Schumack held high level positions in media, communications, publicity, public relations management and more in the prominent corporate sector, and now in his own firm. His articles have appeared in many major publications. Please join us for Ray Schumack's interesting talk.

WE'RE ON TV! Senior Center volunteer Betsy Joseph reads our monthly newsletter on MashpeeTV. Check your MashpeeTV schedule for day and time. (<http://mashpeetv.com/schedule/>)



TAKING CARE OF YOURSELF WHILE CARING FOR A LOVED ONE — presented by the Parkinson's Support Network of Cape Cod. This will take place at the Yarmouth Senior Center, 528 Forest Rd, Yarmouth, **November 10, from 1:00pm—3:00pm**. RSVP is required. Call 800-651-8466 or email: information@apdama.org.

FRIENDS OF THE MASHPEE COUNCIL ON AGING (FOMCOA) —

Thanks to the FOMCOA once again! Those of you who have email addresses in our database have been receiving email communication from us updating you on activities at the Senior Center and the surrounding communities. The Friends have been supporting the costs associated with this, and we are very appreciative of their help!

FOMCOA Thrift Shop: The Friends of the Mashpee Council on Aging are grateful to the many wonderful people who donate to its thrift shop! Your help goes to support the Senior Center as well as other community needs. We do ask, however, that you do not leave donations outside the shop when it is not open. We have had too many wonderful donations ruined by weather because our volunteers were not at the shop to accept the donations when they were left. **PLEASE drop off your donations ONLY during open hours**, which are Monday, Wednesday, Friday, and Saturday from 9:00 am - 1:00 pm, and Tuesday and Thursday from 9:00 am - 3:00 pm.

MASHPEE MEN'S CLUB — We invite retired or semi retired men over the age of 50 to join our club formed in 1997. We meet on the first Tuesday of each month starting with coffee at 10:00 am followed by a brief business meeting and a speaker at 10:30 am. We look forward, on November 1st, to the second part of Tom Kelleher's information presentation of the history of the Lowell Mills. Throughout the year (but not necessarily on a Tuesday) we have a variety of interesting trips on and off Cape. On November 14, we will tour the Woods Hole Coast Guard facilities followed by lunch in the Galley. If you are a prospective member and would like to join our club at these events, please contact Deane Turner at deane_turner@msn.com, or Frank Lord at fjlord@msn.com.

BOOK CLUB — Book Club meets on the third Friday of the month at 2:00 p.m. at the Senior Center. The selection for November 18th is Australian author Graeme Simsion's "The Rosie Project," the story of a logical and orderly genetics professor who writes a 16-page questionnaire to help him find the perfect partner. Then he meets Rosie. Come join us for a discussion of this heartwarming romantic comedy! Come join us! New members are always welcome!

ARMCHAIR TRAVELER PHOTOGRAPHIC JOURNEY—Monday, November 28, 1:00 pm. Please join Jill Jillson as she presents a travelogue of her trip through London, Oxford and Cambridge. Please call the Senior Center at (508) 539-1440 or stop by the front desk to sign up.

50+ JOB SEEKERS GROUP — Thursday, November 3rd and 17th, 2:00pm - 4:00pm **Attention Job Seekers 50 or older!**



Job Seekers Regional Networking Group

Are you stuck in a career you don't want? Do you feel challenged by potential age bias? Is your resume holding you back? A little rusty with your interview skills? Are you maximizing your opportunities on LinkedIn? Come join fellow job seekers for a bi-weekly networking group focused on identifying issues that get in your way of accomplishing your job searching goals and landing your dream job. The interactive and participative format will help you bring your networking, resume, social media and interview skills to a new level. Come join an experienced coach and a curious and collaborative networking group in this journey towards self-actualization and fulfillment! When: These sessions will be held the 1st and 3rd Thursday of each month through June, 2017. Where: Mashpee Senior Center. For more information, and to RSVP, please email facilitator Ellen Brady: Ellen.brady@bradyassociatesHR.com, or call (617) 512-8581. This program is sponsored by the Massachusetts Councils on Aging.

COFFEE TALKS DISCUSSION GROUP — **November 10th at 10:30am**.

Facilitated by Southbay Mental Health, coffee talks bring us together to explore and discuss issues such as current events, forgiveness, social media, expectations, dieting, making a meaningful life, and much more. Coffee and light refreshments will be served. RSVP's appreciated. Please stop by the front desk or call 508-539-1440. Drop in's are welcome! Please stop by!

**** WELCOME TO LINDA ROSA, our new Activity Coordinator! ****

Linda is an experienced, certified activity professional whose background includes developing Arts & Crafts programs. She enjoys painting, and spending time with her three grandchildren. Please stop by and introduce yourself to her, and she welcomes your suggestions for activities.

MEDITATION AT THE MASHPEE SENIOR CENTER — WEDNESDAY,

November 2, 1:00pm. According to psychology professionals, meditation gives you perspective: by observing your mind, you realize you don't have to be a slave to it. Meditation is quite simply mental hygiene: clear out the junk, tune your talents, and get in touch with yourself.



As a consequence, you'll feel more clear and see things with greater perspective. We can't control what happens on the outside, but we do have a say over the quality of our mind. We meet the first Wednesday of each month, 1:00pm, at the Mashpee Senior Center. Join us!

SENIOR PROPERTY TAX WORK OFF PROGRAM - The Senior Property Tax Work Off Program began October 1, 2016, and will end September 30, 2017. To be eligible, you must be at least sixty years old, a homeowner living in Mashpee in your primary residence (you cannot own property in another community), and able to meet the requirements of a position in one of various Town departments. The mission of the program is to provide property tax relief to low income seniors. The maximum annual income for a single person is \$33,126, and for a household of two members, \$43,319. Participants who complete the hours of service will receive a credit on the following year's real estate (property) taxes. To be eligible for a position, you must complete an application and return it to the Mashpee Senior Center no later than November 30, 2016. Please include with your application a copy of your driver's license, a copy of a property tax bill, and last year's tax return. Please note that even if you participated in last or a previous year's program, you must file a new application to be considered for this year. Also, we expect the number of applicants to exceed the number of positions available, if so, the

selection process will be by lottery. Please stop by the Senior Center in the month of November to pick up an application and for more information.

AARP DRIVER SAFETY CLASS — Friday, November 18, 9:30 am — 2:00 pm.

The AARP Driver Safety Class is four hours long and gives course attendees useful strategies that will help improve their driving skills. The course covers the following subjects: our changing hearing and sight; changing road/street designs; new automobile technologies; the effect of alcohol and prescription and over-the-counter drugs on our driving skills; driving tips for snow, ice and fog; and finally a discussion on knowing when it might be time to cease driving. The course includes a number of excellent videos that help bring the subject matter to life! There is no driving test but rather several quizzes that are taken as a group. Past student course evaluations clearly indicate that seniors enjoy the course and learn a great deal. Please bring your lunch. Class is \$15 for AARP members or \$20 for non-members. Feel free to contact Mark Thomas with any questions: Phone (508) 681-8088, email mwtslt@yahoo.com. Class space is limited. To sign up, please call (508) 539-1440 or stop by the front desk at the Senior Center.

FILL THE VAN FOOD DRIVE — The Mashpee Council on Aging is participating in the Mashpee Recreation Department’s 3rd Annual “Fill the Van” Food Drive. During the month of November, please drop off our items to the Senior Center, until Friday, November 18, when they will be picked up. Suggested items for donation include household goods such as diapers, formula, toothpaste, shampoo, laundry detergent, soap and cleaning products. All food donations must be non-perishable. These donations help our local community and are taken to St. Vincent DePaul Food Pantry and the Falmouth Service Center. Each year, the generosity of our community has grown! Last year’s donations filled 29 shopping carts with goods. Let’s have a record-breaking year this year!



MY LIFE, MY HEALTH — For anybody living with a chronic condition such as hypertension, diabetes, depression, heart disease...

**** Feel better * Be in control * Do the things you want to do ****

From Friday, December 2, 2016 through Friday, January 20, 2017, 1:00pm—3:30pm, please join us for the My Life, My Health series. Over six weeks, we’ll be discussing subjects such as: Mind/Body Connection, Dealing with Emotions, Pain and Fatigue Management, Eating well, Breathing better, Positive Thinking, and so much more. Space is limited, so please call Healthy Living Cape Cod at (508) 957-7620 to register, or go to www.healthylivingcapecod.org for more information. This program is free.

GRANDPARENTS RAISING GRANDCHILDREN—“The Information Exchange Tour for Kinship Families” — Wednesday, November 9, 5:00pm to 7:00pm at the Bourne Senior Center. With members of the Commission on the Status of Grandparents Raising Grandchildren and the Attorney General’s office, please join us for an evening of sharing, listening and learning about the issues impacting grandparent and kinship caregivers and, in particular, discussions how the opioid epidemic is impacting families. To register, contact Colleen Pritoni, (617) 748-2454 or email: colleen.pritoni@state.ma.us.

SOCIAL SECURITY BENEFITS FOR THE LGBT COMMUNITY — Please join us for this free fall workshop! Wednesday, November 2nd — Registration and refreshments at 1:45pm, Presentation at 2:00pm—3:30pm, at First Parish Brewster, 1969 Main Street/Rt 6a, Brewster.



- ◆ The Social Security regulations have changed to comply with the legalization of same sex marriage
- ◆ Your Social Security Benefits may have changed. Come learn about your entitled benefits.

Married? Single? Divorced? Widowed? Get your questions answered by the Social Security Administration.

This event is sponsored by Lower Cape LGBT Seniors, First Parish Brewster, and the Cape Cod Coalition for LGBT Older Adults. For more information, please call Maryanne Ryan at (508) 255-6333.

Line Dance Class — Wednesdays from 1:00pm—2:30pm — \$5.00

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| Seniors who exercise are better able to: | ~Increase energy, strength & muscle tone | ~Lower blood pressure |
| ~Reduce stress | ~Delay brain aging | ~Increase social interactions |
| ~Have some fun! | | |
- Additional benefits: ~No partner needed ~Perfection not required ~Meet new friends ~Have more fun!

INCLEMENT WEATHER POLICY — When the Mashpee schools are closed, the Council on Aging activities and programs (including the van) are cancelled. However, the Senior Center building will remain open, and Council on Aging staff will report unless the Town Hall in closed. Please listen to the local radio stations for updated information.

SNOW SEASON - It is hard to believe, but the winter snow season is nearly upon us. Let’s hope this winter won’t be as difficult as some. However, just in case, we are strongly encouraging all seniors to be as proactive as possible. We urge you to line up a snow plowing service you can depend on in a snow emergency. Also, please verify that this service can shovel your walkway. We want you to be able to safely leave your home. Also, it is important that such services as the Visiting Nurse and Meals on Wheels be able to access your home. We know of no service that does plowing or shoveling free of charge. For help making a plan, please call our Outreach Coordinator, Darlene Perkins.



TRAVEL CLUB HAPPENINGS: Mohegan Sun "Turkey Trot" 11/15, \$35; 12/06 Legends in Concert Holiday Show w/lunch 12/06, \$59; Barbara and Frank Holiday Show w/lunch 12/08, \$79; Gentleman's Guide to Love and Murder 12/10, \$80/\$110; Holiday Luncheon at DiParma Italian Table-reservations required 12/12, \$20; Christmas in Newport-Tour 3 Mansions,12/15, \$65; LaSalette Festival of Lights 12/16, \$39; overnight Atlantic City New Year Celebration 3 days/4 meals/2 shows 1/03-1/05, \$209; Lion King matinee, main orchestra, 3/14, \$95; 2017 tours on sale now: 42nd Street, Chicago, Tall Ships Boston, Riverdance 20th Anniversary Show.

For a complete listing of trips, stop by the Senior Center or visit adventureswithkarynwendell.com. Karyn is here Thursdays from 9:00 am to 11:00 am. Contact Karyn at (508) 420-5288 for more information. Mail payments to Karyn Wendell, P. O. Box 161, Centerville, MA 02632

Day	Date	Time	Event	Day	Date	Time	Event
Tuesday	November 8	daytime	Voting! Rides available!	Monday	November 14	2:00 pm	Talk on Older Americans Act by Elder Services of Cape Cod and the Islands
Tuesday	November 8	2:00 pm	Heroes in Transition Presentation	Tuesday	November 15	2:00 pm	Holiday Wreath Making
Thursday	November 17	1:00 pm	Presentation "News Dispatches from the Korean War"	Friday	November 18	9:30 am	AARP Safe Driving Class
Tuesday	November 29	1:00 pm	Presentation by the Cape Cod Regional Transit Authority (CCRTA)				

Mashpee Council on Aging Regular Events

Activities are held weekly unless indicated otherwise by a specific week in parentheses ().

MONDAYS		TUESDAYS		WEDNESDAYS	
8:30-9:30	Strength Training	8:30-9:30	Exercise	8:30-9:30	Strength Training
9:15-11:00	Hearing Tests (1st) *	9:00-12:00	Woodcarving	9:00-10:00	Blood Pressure Clinic (3 rd)
9:45-11:00	Gentle Yoga	9:00-11:00	Atty Mello (2nd) *	10:00-3:30	Foot Care Clinic (3rd) *
10:00-11:30	Atty Kosman (4th) *	10:00-11:30	Men's Club (1 st)	10:00-Noon	Painting
11:00-12:00	Chair Yoga	11:00-12:00	Zumba Gold	1:00-3:00	Painting
12:30-4:00	Mah Jongg	11:00-1:00	Ask-a-Pharmacist (1 st)	11:00-12:00	Zumba Gold-Toning
12:30-3:00	Pinochle	11:00-2:00	Sea Mist Swimming ***	1:00-2:00	Line Dancing
1:00-4:00	Hand and Foot Canasta		SHINE *	1:00-3:00	Meditation (1 st)
1:00-4:00	Rummikub	12:00-4:00	Armchair Traveler (4 th)	12:30-3:00	Canasta
		1:00-3:30	Atty Lavender (1st) *		CARES Support Group (2 nd & 4 th)
		1:00-3:00	Aerobics for the Brain (2 nd & 4 th)	1:30-3:30	SHINE (2nd & 4th) *
		2:30-3:30		2:30-4:30	Tai Chi for Healthy Aging **
				2:30-4:30	
THURSDAYS		FRIDAYS		SATURDAYS	
8:30-9:30	Exercise	8:30-9:30	Strength Training	8:30-9:30	Exercise
9:00-12:00	SHINE *	9:00-10:00	Ask-A-Nurse	NOTES:	
9:30-11:30	Mashpee Singing Seniors	9:30	Bowling (at Ryan Amusements)	1. Transportation is available for activities, either through our van or Cape Cod Regional Transit Authority at 1-800-352-7155	
10:00-11:30	Cribbage	9:45-10:45	Ageless Yoga	2. Activities are held weekly unless indicated otherwise by a specific week in parentheses ().	
10:00-11:30	Parkinson Support Network (2 nd)	10:00-12:00	Independence House Relationship Education and Advocacy (2 nd)	* Appointments required ; please call the Senior Center (508) 539-1440 or stop by the front desk to schedule	
10:30-11:30	Coffee Talks (1 st and 4 th)		Sight Loss Services Support (4 th , <i>except Nov only—the 18th</i>)	** Waiting list sign up required . Please stop by the Front Desk or contact the Mashpee Senior Center at (508) 539-1440 to add your name to the wait list.	
11:00-2:00	Sea Mist Swimming *** (as of Sept 20)	10:00-11:30	Zumba Gold	*** Open to Mashpee residents only . Please stop by the Front Desk at the Senior Center to complete a liability form prior to going to Sea Mist for swimming.	
12:00-2:00	PC and Gadgets Clinic *	11:00-12:00	Mah Jongg		
12:15-1:15	Ballroom Dancing	12:30-4:00	Veterans Services (1st & 3rd) *		
1:00-2:30	Sketching	1:15- 3:30	Book Club (3 rd)		
1:00-4:00	Social Bridge	2:00-3:00			
7:00-9:30	Tai Chi (Beginners please come 1 st Thurs)				

Save the Dates! More info in the December Newsletter!

Friday, December 2	My Life, My Health	Thursday, December 8	Holiday Luncheon by Royal Health Group
Tuesday, December 20	Kelly's Dancing Divaz Holiday Performance	Tuesday, December 13	Singing Seniors Holiday Concert

Happy Thanksgiving



Emergency Preparedness



EMERGENCY PREPAREDNESS - The Mashpee Council on Aging maintains a list of seniors who are homebound, and/or frail to help the Town provide assistance to them during a civil defense emergency such as hurricane or blizzard. If you would like to be on the list, please call the Senior Center at (508) 539-1440 and request a simple registration form for you to complete and return. Should you need assistance completing the form, please call Outreach Coordinator, Darlene Perkins.

MASSACHUSETTS ALERTS — Join the thousands of residents of Massachusetts who receive emergency alerts and critical information about disasters and public safety incidents on their Smartphones. Massachusetts Alerts provides emergency notifications and public safety information based on your location, proximity to an event or incident, and the preferences you select. Find out more information and how to download the app to your Smartphone at <http://www.mass.gov/eopss/agencies/mema/massachusetts-alerts.html>.

Life Support Equipment for EVERSOURCE customers — If you, or a household member, depends on life support equipment it is important for your household to have a plan in place in the event you lose power.

With appropriate documentation from your physician, EVERSOURCE can indicate on your account that you or a household member relies on life support equipment. In the event of power loss EVERSOURCE will take steps to help prevent or minimize the loss of electricity due to routine maintenance and repairs. Customers are required to renew documentation annually.

- A letter from a physician, on the physician's letterhead certifying:
- that the equipment is being used for life support purposes
 - the type of equipment being used
 - the patient's name, contact number, alternative contact number (if patient can't be reached via primary number)

The letter should be mailed to:
EVERSOURCE
247 Station Drive, SW200
Westwood , MA 02090

During a storm emergency or other major outage EVERSOURCE's first priority is to restore the electric system in as wide an area as possible to include hospitals, police and fire departments. As the level of restoration of power reaches customers who depend on life support equipment, which could be an extended period of time, EVERSOURCE will make every effort to restore power to those households as a priority.

EVERSOURCE encourages customers who depend on life support equipment to have an alternative source of energy and/or a plan to relocate in the event of prolonged outages.

Please contact EVERSOURCE at 800-592-2000 for more information.

DISABILITY INDICATOR FORM - Are you a disabled elder? Disabilities would include life support system, mobility impaired, blind, deaf and hard of hearing, teletypewriter, speech impaired, cognitive impairment, etc. If you have any of the listed disabilities, Clay Nicholson, Mashpee's 911 Municipal Coordinator, recommends that a **911 DISABILITY INDICATOR FORM** be completed and forwarded to him so that if an emergency occurs, public safety officials will be alerted that an individual residing at your address communicates over the phone via TTY and/or has a disability that may hinder evacuation or transport. **This information is confidential and will only appear at the dispatcher's location when a 911 call originates from your address.** Please contact Clay Nicholson, (508) 539-1400, ext. 8499 with any questions and to pick up a form. You can also pick up this form at the Mashpee Senior Center.

EMERGENCY ALERT SIGN UP - Did you know that you could receive automated messages by phone from the Town, helping you with storm preparedness or other town activities? If you do not already receive important/emergency messages from the Town, or if you want to edit your contact info, please go to the Town website: www.mashpeema.gov, and select the "Emergency Alert Sign-up" box in the upper center of the page. Then select the next signup button and enter your contact information so local leadership may contact you with timely, important messages.



SHINE news...

Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment (October 15 – December 7) will be here before you know it, and it is very important to review your Medicare options during this period. You will receive a notice from your Prescription Drug or Medicare Advantage (HMO, PPO) Plan in September. Make sure you read this notice- it will explain the changes (premiums, copays, tiers) to your plan for 2017.

During the Annual Open Enrollment (October 15 - December 7), you will have a chance to CHANGE your plan. This change takes effect January 1, 2017. SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

DO NOT WAIT UNTIL IT'S TOO LATE- Appointments fill up fast! Call the senior center and make an appointment with a SHINE counselor for this year's open enrollment. Make sure you bring the list or bottles of your current medications to the appointment and if you are a couple, please ask for 2 appointments.

SHINE Appointments: SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Please call the Senior Center at (508) 539-1440 to schedule a SHINE appointment. **Please note that 1) for couples, individual appointments should be booked for each person; and 2) SHINE counselors are not at the Senior Center every day. Please check the schedule of regular events on page 4 for their scheduled days and times.**

Thank you to all who responded to our request, as part of National Senior Center month, to describe the Mashpee Senior Center in just one word. Here are some of the responses: Hopeful, Helpful, Giving, Friendly, Accepting, Welcoming, Involved, Present, Fantastic, Safe, Active, Friendship, Responsive, Supercalifragilistic, Splendiferous!



ASK-A-NURSE — BETTY BLACKHAM, RN — VNA OF CAPE COD — Friday, November 18th, 9:00 am.

Have questions about your health? We all at one time or another have questions we would like to ask a nurse. Each month Betty Blackham, RN, of the VNA is at the Senior Center to answer your health questions on the 4th Friday of each month. **Take advantage of this free service at the Senior Center and stop by!**

NOVEMBER IS NATIONAL DIABETES MONTH — KNOW YOUR ABCS

Heart disease and stroke are the leading causes of death for people with diabetes. Controlling the ABCs of diabetes -- your blood glucose, your blood pressure, and your cholesterol as well as stopping smoking -- can help prevent these and other complications from diabetes.

- ◆ A is for the A1C test
- ◆ B is for Blood pressure
- ◆ C is for Cholesterol

The A1C Test

The A1C test (A-one-C), also called the hemoglobin A1C test, shows overall blood glucose for the past 3 months. Your health care provider does this test to see what your blood glucose level is most of the time. This test should be done at least twice a year for all people with diabetes and for some people more often as needed. For many people with diabetes, an A1C test result of under 7 percent usually means that their diabetes treatment is working well and their blood glucose is under control.

Check Your Blood Pressure

High blood pressure makes your heart work too hard. This can lead to a stroke and other problems such as kidney disease. Your blood pressure should be checked at every doctor visit. The target blood pressure for most people with diabetes is less than 140/90 but may be different for you. Talk with your health care provider about your blood pressure goal.

Have Your LDL Cholesterol Checked

Low density lipoprotein, or LDL cholesterol, is the bad cholesterol that builds up in your blood vessels. It causes the vessels to narrow and harden, which can lead to a heart attack. Your doctor should check your LDL at least once a year. Talk with your health care provider about your cholesterol goal

Stop Smoking

Smoking and diabetes are a dangerous mix. Smoking raises your risk for many diabetes problems. If you quit smoking,

- you will lower your risk for heart attack, stroke, nerve disease, kidney disease, and amputation
- your cholesterol and blood pressure levels might improve
- your blood circulation will improve.

If you smoke, stop smoking. Ask for help so that you don't have to do it alone. You can start by calling 1-800-QUITNOW or 1-800-784-8669.

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CARES PROGRAM — HOPE DEMENTIA & ALZHEIMER'S SERVICES

This program is specifically for people with memory impairment and their care partners. **Wednesday, November 9 and 23, 1:30-3:30 pm.**

CARES provides an opportunity for families affected by memory impairment to participate in two separate support groups — held simultaneously — that provide information, guidance, and respite to Care Partners, and conversation and socialization for those with memory impairment. The sessions are available at the Senior Center on the 2nd and 4th Wednesday each month from 1:30 — 3:30 pm. To register or for more information please call Hope Dementia & Alzheimer's Services at (508) 775-5656.



HEARING TESTS Monday, November 7, 9:15 — 11:00 am by appointment. Please call the Mashpee Senior Center at (508) 539-1440 or stop by to schedule an appointment. Available the 1st Monday of each month.



FOOT CARE — Wednesday, November 16, 10:00 am — 3:30 pm by appointment. There is a fee. Call the Mashpee Senior Center at (508) 539-1440 to make an appointment. Available the 3rd Wednesday of each month.



LEGAL ASSISTANCE — We are fortunate to have attorneys that visit the Senior Center on a monthly basis. Their appointment schedules are always completely booked. **Please be aware that these appointments are for Mashpee seniors only**, for consultations only, and not for dealing with on-going legal issues. We respectfully request that you limit your appointments during the year so that others may be accommodated. The Attorney and the fields that each would feel most qualified to assist seniors with **by appointment** are:

Atty. Thomas Kosman of SCCLS: Monday, November 28, at 10:00 am - The South Coastal Counties Legal Services, Inc. (SCCLS) Elder Law Project has attorneys who visit Cape and Islands senior centers weekly including Mashpee and provide legal services to elders who are economically or socially disadvantaged. Priority areas include housing, government benefits, Medicare, Medicaid, reverse mortgage counseling, and general health law concerns. (4th Monday of each month)

Atty. Michael Lavender: Tuesday, November 1, at 1:00 pm — General legal problems, trusts, wills, estate planning and settlement. (1st Tuesday of each month)

Atty. Patricia Mello's office: Tuesday, November 8, at 9:00 am — Wills, health care choices, nursing home/Medicaid planning, estate planning, asset protection, guardianships. (2nd Tuesday of each month)

Please try to consider the urgent questions that you have and try to choose the appropriate attorney. **PLEASE NOTE: The lawyers do not handle questions regarding criminal matters.**

SIGHT LOSS SERVICES PEER SUPPORT GROUP — Friday, November 18, 10:00 am. This support group meets at the Mashpee Senior Center on the 4th Friday of every month from 10:00 am — 12:00 noon (with exceptions of November, and December 19th, due to holidays). This group is open to anyone with vision issues from diagnosis to legal blindness and provides access and information on services available. For more information, call Sight Loss Services at (508) 394-3904 or visit their website: www.jwen.com/sls/.



ATTENTION MASHPEE VETERANS



Who

The students and staff of the Quashnet School extend an invitation to all Mashpee Veterans to be our guests at our annual Veteran's Day Ceremony.

When

We will be honoring those who serve and have served on Thursday, November 10th, 2016 from 10am-11am

Where

Quashnet School Gymnasium

RSVP

To be sure we have proper seating please let us know if you will be in attendance by calling Beth Wunder (508)539-1550 x 4193 or email ewunder@mpspk12.org by November 4th, 2016.

There will a luncheon immediately following where guests can interact with our students.

Darlene Perkins' Outreach Corner

MASHPEE COA OUTREACH PROGRAM MISSION STATEMENT

To assist seniors in our community to find the resources they need to help them make the best choices to maintain the highest quality of life possible.



Keeping in line with our Outreach Mission, please call Darlene Perkins, Outreach Coordinator, if you are struggling to make ends meet. Darlene is available to meet in her office, or she can set up a home visit if you are unable to come to the Senior Center. There may be options out there for you with transportation, food or just the knowledge of knowing what support is available in your community. Sometimes a "chat" can help, call Darlene Perkins, (508) 539-1440.

HOLIDAY MEALS — Thanksgiving Meals are available to those in need or just may not want to spend the day alone.

Mashpee Chamber of Commerce will be providing Thanksgiving dinners for seniors. Please contact the Mashpee Chamber of Commerce at 508-477-0792. The dinners will be delivered the Wednesday before Thanksgiving, November 23. You must call the chamber by Friday November 18 to reserve your dinners.

For updated information about Thanksgiving dinners, please call the Mashpee Senior Center, 508-539-1440.

It's that time of year again! Time to start thinking about winter and the Holidays. As the weather gets colder heating and electric bills may start to be more costly. There may programs that can help you stretch your budget.

How Can I Get Help? — Many adults over 55 need help paying for prescription drugs, health care, utilities, and other basic needs. There are over 2,000 federal, state and private benefits programs available to help. But many people don't know these programs exist, or how they can apply.

Benefits Checkup asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses.

Go to www.benefitscheckup.org to see if you qualify for any help.

After answering the questions, you will get a report created just for you that describes the programs you may get help from. You can apply for many of the programs online or you can print an application form. Please call Outreach Coordinator, Darlene Perkins 508-539-1440 if you need help.

MAILBOX STICKER PROGRAM

— The Mashpee Senior Center is offering a program to help seniors stay safe in their homes. Working with the Mashpee Post Office, we have a sticker that you can put inside the lid on your mail box. This sticker instructs the mail carrier that "if there is an accumulation of 5 days of mail in your mail box please notify the Mashpee Senior Center." This is an added layer of support and awareness, and not meant to replace other emergency systems. The sticker is accompanied with a confidential emergency contact sheet to be used in case of an emergency. If your mail carrier sees mail accumulated in your mail box over the previous five days they will call the Mashpee Senior Center to notify the Outreach Coordinator, Darlene Perkins. If the Outreach Coordinator is unable to make contact with you or your emergency contact, she will contact the Mashpee Police department to request a wellbeing check to make sure all is well.

This program is free and completely voluntary. If interested in participating please call Darlene Perkins at the Mashpee Senior Center at 508-539-1440. You will be given an emergency contact form to be filled out and returned to, the Mashpee Senior Center, 26 Frank E. Hicks Drive. You will be given a sticker to place on the lid of your mail box so your mail carrier will be aware of your participation.

FUEL ASSISTANCE. The Low Income Home Energy Assistance Program (LIHEAP), more commonly known as the Fuel Assistance Program, provides low-income households with help in paying heating bills. The Mashpee Senior Center will assist you in completing your fuel assistance application. New applications will be accepted starting November 1, 2016. Income eligibility for a family of one is \$34,001, and a family of two is \$44,463. Once the application and documentation are complete, they will be sent to South Shore Community Action in Plymouth, who will determine if you are eligible.

Please note you will need to bring in the following documents: All sources of gross income for all members of household; a heating bill (need account number); electric bill; copy of a mortgage statement or if you rent, the front page of the lease agreement; homeowners insurance; real estate tax bill; photo ID; Social Security numbers; and birth dates. We will make copies of all of these documents for you. Please call the Mashpee Senior Center to set up an appointment, (508) 539-1440. More information will be available in next month's newsletter.

Deborah Converse's Volunteer Corner

NEW VOLUNTEERS

Added to our ranks this month are: **Janet Anshewits, Becky Behlman, Marge Cook, Marjorie Dean, Carl MacDonald, Lorraine Morin, Elizabeth Strazzulo, and Suzanne Weiss-Pond.** Thank you to all for joining our volunteer family!



VOLUNTEERS NEEDED

Volunteer drivers needed to provide transportation to medical appointments on Cape for ambulatory seniors. We ask that drivers accept a minimum of two trips per month. A typical trip is 3 hours. A volunteer would need a reliable vehicle, liability automobile insurance, and a good driving record. Drivers must have a congenial rapport with seniors.

Reception desk/secretarial volunteers needed! Must be able to handle phone calls, follow the procedures for handling appointments, be able to handle several things at the same time and be a friendly presence for people coming in to ask questions.

If you have any special skills, talents or interests you would like

to share with other seniors at Mashpee Senior Center please call Deborah Converse, Volunteer Coordinator, at (508) 539-1440.

The **Mashpee Land Stewardship Program** is looking for volunteer help. Land stewards can commit to walking a conservation or open space parcel of their choosing at least 4 times per year and fill out the online observation form each time. Or, volunteers can participate in volunteer workdays (trail work, parcel cleanups, invasive species removal, herring monitoring program, etc). To apply you can view the Land Stewardship web page (http://mashpeema.virtualtownhall.net/Pages/MashpeeMA_Conservation_stewards) and click on volunteer application.

COMPULSIVE CLUTTERING — On **Wednesday November 9th at 10:30am** there will be an educational workshop on hoarding and compulsive cluttering for all Council on Aging volunteers, presented by Erika Woods, Environmental Specialist for Barnstable County, who's role it is to educate the public and raise awareness about compulsive cluttering. Please RSVP to Deborah Converse at 508-539-1440, ext 3508.

***** ONGOING ACTIVITIES SPOTLIGHT *****

Activity	Meets
Sea Mist Swimming (Mashpee residents only)	Weekly, Tuesdays and Thursdays. Please note: You must fill out a new form at the Senior Center prior to starting this activity even if you have filled a form out in the past.
Mashpee Senior Singers	Weekly on Thursdays
Bowling	Weekly on Fridays. Meets at Ryan Amusements, Falmouth. Preregistration not required. Just stop in! Questions? Contact Lorraine Malcolm (508) 477-7346
Sketching with Bob Vesprini	Weekly on Thursdays
Armchair Traveler Presentation	4th Tuesday of each month. This is a monthly photographic journey to points through the world. The topic for each month will be announced prior to the presentation.

MASHPEE SENIOR CENTER VAN SERVICE



DOOR TO DOOR SERVICE! Are you getting tired of driving? Reluctant to drive in bad weather? Or just trying to save on gas? Don't be shy, give us a try; you're sure to love our van service! Are you looking for a ride to a doctor's appointment, hair salon appointment, rehab appointment or for some other appointment in the towns we serve? How about shopping trips? We will pick you up at your home, drop you off at your appointment, and then bring you back home when you are finished! Here is our schedule, come join us. The van will take you wherever you wish to go in each town it serves. To schedule rides, please call our receptionist at (508) 539-1440 at least 24 hours ahead of time. **Our van cannot guarantee time of pick up or drop off.**

- ◆ **Mashpee and Sandwich — Weekly — Mondays.**
 - ◆ Please make appointments between 10:00 am and 1:30 pm.
- ◆ **Mashpee only — Weekly — Wednesdays, Thursdays (except 2nd and 3rd Thursdays), Fridays (except last Friday).**
 - ◆ Please note that Wednesdays are food pantry days.
 - ◆ Please make Mashpee appointments between 10:00 am and 1:30 pm.
- ◆ **Falmouth — Weekly — Tuesdays.**
 - ◆ Please make Falmouth appointments between 10:30 am and noon.
- ◆ **Hyannis — Once a month — 3rd Thursday** of each month.
 - ◆ Please make Hyannis appointments between 10:30 am and noon.
- ◆ **Sagamore — Bourne — Sandwich — Once a month — 2nd Thursday** of each month.
 - ◆ Please make appointments between 10:30 am and noon.
- ◆ **SPECIAL MONTHLY OUTING** — On the last Friday of each month, you can ride the van to our "Day Trip Town of the Month." When you reserve your spot on the van, let us know where you would like to go in that town. Perhaps you want to shop at a special store that you normally don't have the chance to visit, or see a physician. Maybe you have a friend who is recuperating in a rehabilitation or assisted-living facility in the town who you would like to visit. When you call in to reserve your seat, also be ready to let the receptionist know where you want to go! **Due to the Thanksgiving holiday, no special monthly outing is planned for November, but please plan to join us on December 30 when we visit Orleans.** Please plan to meet at the Mashpee Senior Center for a 9:00 am departure. **Please note that this is not a guided tour of the area — you decide where and what you would like to visit!**

Be sure to GET OUT TO VOTE! Let us help you.

The Senior Center VAN will be available to transport seniors to the Mashpee polls for the election on **Tuesday, November 8th, daytime only.** Please call in advance to schedule your ride.



CAPE COD REGIONAL TRANSIT AUTHORITY (CCRTA) INFORMATION

BOSTON HOSPITAL TRANSPORTATION — Enjoy comfortable, wheelchair-accessible transportation from Cape Cod directly to 15 Boston-area hospitals Monday-Friday by reservation. The bus stops in Wellfleet, Eastham, Orleans, Harwich, Barnstable Commuter Lot and the Sagamore Commuter Lot. **RESERVATIONS ARE A MUST!** Call (800) 352-7155 Monday — Friday, 8:00 am — 5:00 pm. **Fare:** \$30 roundtrip, \$15 one way.

DIAL-A-RIDE TRANSPORTATION—DART (formerly B-bus) — CCRTA provides a daily door-to-door, ride-by-appointment transportation service available for any purpose. Service is available to 15 Cape towns: **Monday — Friday:** 7:00 am — 7:00 pm; **Saturdays:** 9:00 am — 7:00 pm; **Sundays:** 9:00 am — 1:00 pm in most towns.

Dial-A-Ride Passenger Procedures and Requirements:

- **Reservations** can be made Monday — Friday between 8:00 am — 5:00 pm by calling (800) 352-7155.
 - ◆ Reservations must be made by 5:00 pm two days (or 48 hours) before you intend to travel.
 - ◆ Same day reservations and changes are not permitted.
 - ◆ Reservations can be made up to one month in advance.
- **Exact fare is required.** Drivers cannot make change.
 - ◆ Adults and youths: \$3.00 per ride.
 - ◆ Seniors and people with disabilities: \$1.50 per ride.
 - ◆ Children five and younger accompanied by an adult ride free of charge.



The Mashpee Senior Center respects all aspects of people including race, ethnicity, gender expression, sexual orientation, socio-economic background, age, religion, body shape, size and ability.

MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH



Please Be Aware telephone scams are continuing in frequency. Specifically, Mashpee Police Department continues to receive reports from Mashpee citizens that they are receiving calls supposedly from the "IRS" that are threatening owed money, lawsuits and arrest warrants on individuals. **NEVER GIVE OUT ANY PERSONAL INFORMATION** and **PLEASE CONTACT THE MASHPEE POLICE DEPARTMENT** with any question regarding the legitimacy of any call. Any questions, please contact Special Officer and Advocate Tara Carline at 508-539-1480 ext 7253.



Please be aware when contacting the Senior Center staff that some positions are part-time grant funded, and those individuals are not in the office at all times. Please feel free to leave a message, and they will get back to you as quickly as possible when they return to the office.



DID YOU KNOW...that Elder Services of Cape Cod and the Islands serves a luncheon at the Mashpee Senior Center on Monday - Friday at 11:30 am? This is a good way to help keep your food costs down — plus it is fun and social! A voluntary suggested donation is \$3.00. Come for an activity in the morning and stay for lunch! Make a day of activity at the Senior Center!

You need to call (508) 477-0910 24 hours in advance to reserve a meal. If you have questions, call Annette at the luncheon program at (508) 477-0910. **If you want to see the current menu**, please visit the Elder Services web site at <http://www.escci.org/>. Then click on "Our Programs and Services," then click on "Senior Nutrition Program." Once there, you can then select "Barnstable County Meal Sites Menu." *Please note that the suggested donation has been increased to \$3.00.*



MASHPEE SENIOR CENTER MILESTONES: The Mashpee Senior Center newsletter was first published 30 years ago in 1986!

Advertisements here

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here

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here

To get an on-line copy of this newsletter, visit <http://www.mashpeema.gov/council-aging> and click the appropriate newsletter link on the right side of the page.



If you wish to honor a loved one, the Mashpee Senior Center offers commemorative gold and silver leaves, prominently displayed in the entry foyer, beautifully engraved to memorialize family and/or friends. We also etch permanent patio bricks, preserving names and sentiments, on the patio area outside. For more information, please call the Director, Lynne Waterman at (508) 539-1440.

Lynne Waterman, Director lwaterman@mashpeema.gov Darlene Perkins, Outreach Coordinator dperkins@mashpeema.gov Linda Wicks, Principal Clerk lwicks@mashpeema.gov	Deborah Converse, Volunteer Coordinator dconverse@mashpeema.gov Linda Rosa, Activity Coordinator lrosa@mashpeema.gov Lisbeth Dineen, Office Assistant coaofficeassistant@mashpeema.gov	Peggy Rose, Receptionist prose@mashpeema.gov Robert Morton, Van Driver rmorton@mashpeema.gov Lewis Newell, Van Driver lnewell@mashpeema.gov
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MASHPEE COUNCIL ON AGING MISSION STATEMENT:

The Council on Aging is a department of the Town of Mashpee. Its charge is to sponsor, coordinate, or conduct human service, educational, social and recreational services and programs at the Mashpee Senior Center, as well as to identify and create opportunities and solutions for the empowerment and betterment of the Town's seniors and their care partners. This is accomplished with the support of a volunteer advisory board, also known as the Council on Aging.

Our Core Values

RESPECTFUL ★ **WELCOMING** ★ **SUPPORTIVE**

The cost of mailing this newsletter has been paid by the Friends of the Mashpee Council on Aging.

Lynne Waterman, Director
Darlene Perkins, Outreach Coordinator
Ernest Cornelissen, Chairperson, Council on Aging

MASHPEE COUNCIL ON AGING
26 FRANK E. HICKS DRIVE
Mashpee, MA 02649

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The Mashpee Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Mashpee Council on Aging, The Mashpee Senior Center, the Town of Mashpee or its employees do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal practitioner. Any act or advice or service by outside providers at the Council on Aging should not be presumed to be endorsed & sponsored by the Council on Aging.

DISCLAIMER